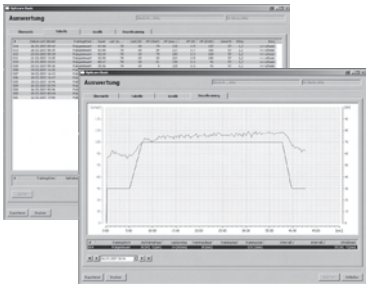
ergoline

opticare basic

chipcard software for ergoline training bikes

user manual

erg 2010000105000 • version 06/2009 • english



Manual

This manual was written with the utmost care. Should you still find details that do not correspond with the system, please let us know and we will correct the issue as soon as possible.

We reserve the right to modify the design and technical features of the device and are not bound by the information and illustrations provided in this manual.

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INSTALLATION

PC SOFTWARE

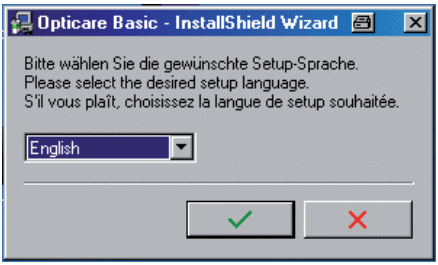
- Close all open applications. Insert the CD „OPTICARE BASIC" in the CD-ROM drive.

- The Setup program will launch automatically if not:
  - start Windows Explorer
  - select the CD-ROM drive
  - double-click on **setup.exe**

Hint

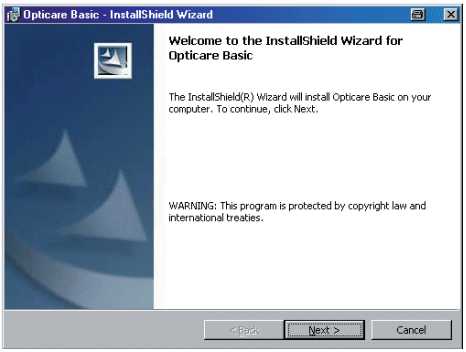
Do **not** connect the smartcard reader to a USB port on the computer prior to installation !.

- Select the setup language (the program language may later be changed under [Setup]).


Opticare Basic - InstallShield Wizard
Bitte wählen Sie die gewünschte Setup-Sprache.
Please select the desired setup language.
S'il vous plaît, choisissez la langue de setup souhaitée.
English

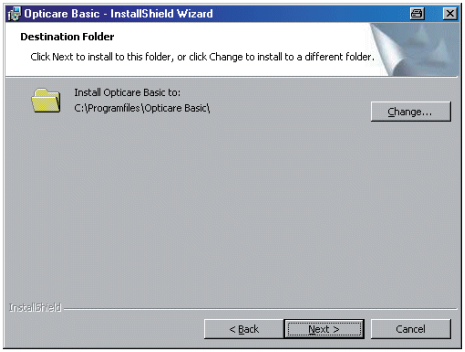
SELECT SETUP LANGUAGE

- Installation starts - follow the instructions given on screen.


Opticare Basic - InstallShield Wizard
Welcome to the InstallShield Wizard for Opticare Basic
The InstallShield(R) Wizard will install Opticare Basic on your computer. To continue, click Next.
WARNING: This program is protected by copyright law and international treaties.
< Back
Next >
Cancel

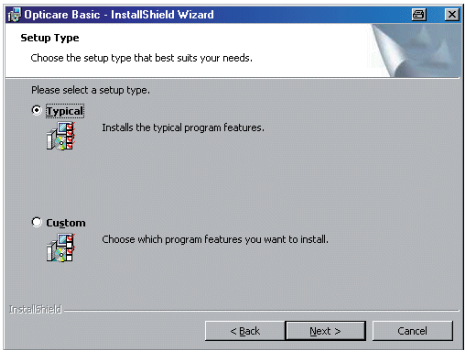
SOFTWARE INSTALLATION

- C:\Program Files\Opticare Basic is selected as the default installation folder.
  Click on [Change] to select another folder..


Opticare Basic - InstallShield Wizard
Destination Folder
Click Next to install to this folder, or click Change to install to a different folder.
Install Opticare Basic to:
C:\Programfiles\Opticare Basic\
Change...
InstallShield
< Back
Next >
Cancel

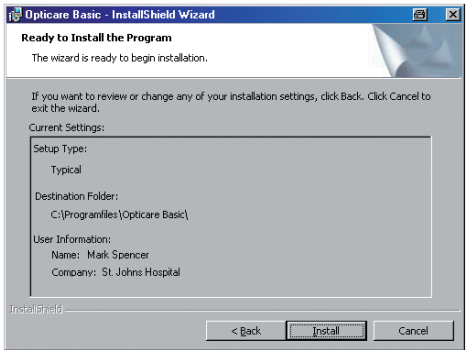
FOLDER FOR PROGRAM INSTALLATION

- Select the installation mode:
  Typical (recommended):
  All software modules are selected..
  Custom:
  Special software modules may be deselected from installation.



SELECT INSTALLATION MODE

- Before the installation process starts, a summary of all settings is displayed.
  [Install] will launch the installation.



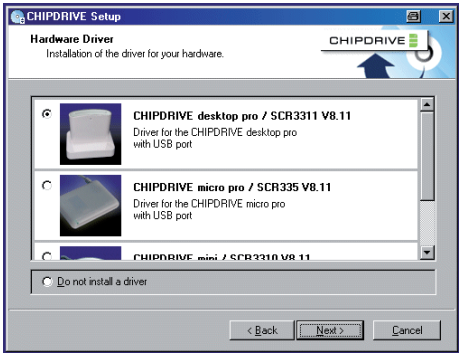
SUMMARY

- First of all, the driver for the smart card reader will be installed.

CHIPDRIVE Setup
CHIPDRIVE Setup
Deutsch
English
Français
Español
Welcome to CHIPDRIVE Setup. This wizard will guide you through the installation of your new software and hardware. It is recommended to close all other applications before proceeding with the installation.
Click "Next" to continue.
< Back
Next >
Cancel

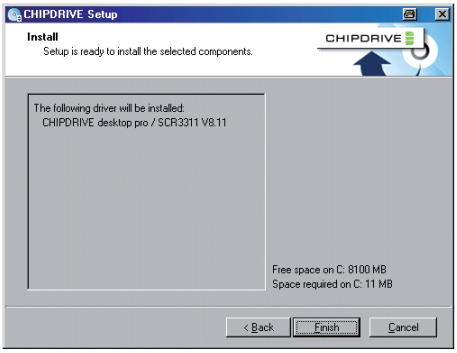
DRIVER FOR SMARTCARD READER

- Select the appropriate device


CHIPDRIVE Setup
Hardware Driver
Installation of the driver for your hardware.
CHIPDRIVE
CHIPDRIVE desktop pro / SCR3311 V8.11
Driver for the CHIPDRIVE desktop pro with USB port
CHIPDRIVE micro pro / SCR335 V8.11
Driver for the CHIPDRIVE micro pro with USB port
Do not install a driver
< Back
Next >
Cancel

SELECT SMARTCARD READER

- Follow the instructions provided by the installation program.



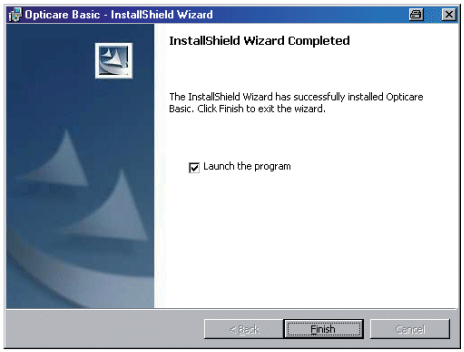
DRIVER INSTALLATION COMPLETE

- The driver installation for the software protection device (WIBU KEY) is launched. Follow the instructions provided by the installation program
  It is not recommended to change any of the default settings during the installation process.

WIBU-KEY Installationsprogramm
Willkommen beim WIBU-KEY-Software-Setup. Dieses Programm wird WIBU-KEY-Software auf Ihrem Computer installieren.
Es wird dringend empfohlen, alle anderen Windows-Anwendungen (auch die Systemsteuerung) zu beenden, bevor dieses Setup-Programm gestartet wird.
Wählen Sie »Abbrechen«, um das Setup-Programm zu beenden und schließen Sie dann alle anderen Anwendungen.
Wählen Sie »Weiter«, um mit der Installation fortzufahren.
Version 5.10
Weiter >
Abbrechen

SOFTWARE PROTECTION DRIVER COMPLETE

- When the installation is complete, the OPTICARE BASIC software may be directly launched.


Opticare Basic - InstallShield Wizard
InstallShield Wizard Completed
The InstallShield Wizard has successfully installed Opticare Basic. Click Finish to exit the wizard.
Launch the program
< Back
Finish
Cancel

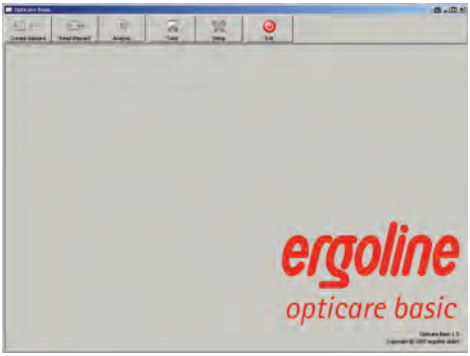
INSTALLATION COMPLETE

Hint

Connect the smartcard reader and the software protection device to a USB port on the computer prior to launching the program !

Program features

The following functions are accessible from the main screen of the OPTICARE BASIC program:



Main screen opticare basic

Create chipcard
Creates a new training smartcard for a patient. An empty, formatted ergoline smartcard is required.

Read chipcard
All trainings are transferred from the smartcard into the database.
The trainings may be evaluated and reports may be printed.
Changes to the training profiles on the smart-cartd are possible.

Analysis
Evaluation and printout of all trainings stored in the patient database.

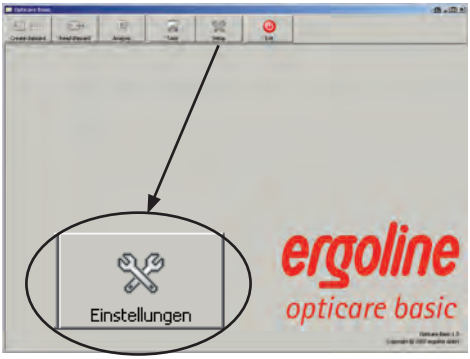
Tools
Special functions and settings for smartcards and definition of standard training profiles.

Setup
Software configuration.

Select function

Setup

After launching the OPTCARE BAISC software, click on the [Setup] button.



Main screen button „Setup"

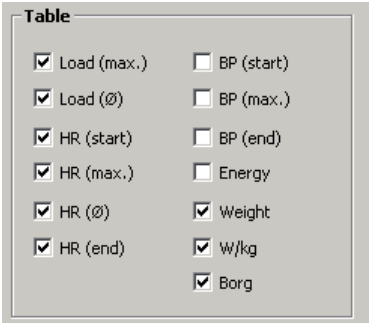
The different settings are grouped in sections.

Setup

Settings Table

Select those parameters, which are displayed as different columns in the result table.

(Independent of these settings all parameters are stored in the database!)



Columns for table display

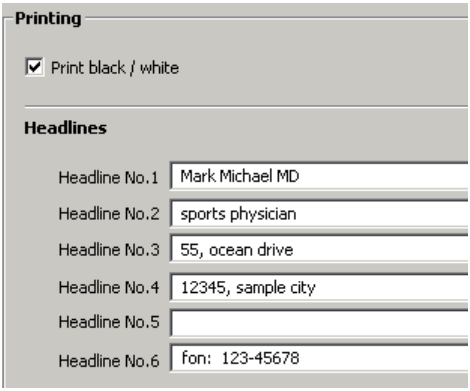
Settings grafic trenddisplay

Select the colours for the different trendlines in the grafic result screen.

Colours for grafic trend representation

Setup printing

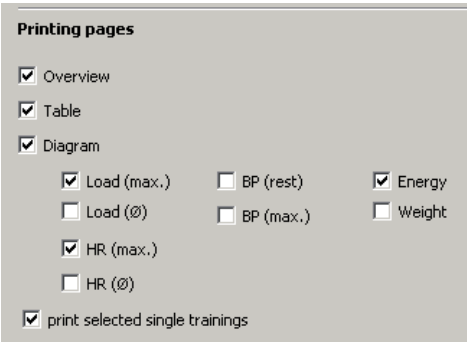
- If a colour printer (e.g. inkjet or colour laser) is used, deselect the „black/white" checkbox
- The headlines (e.g. name, address of physician) will be printed on every report page.



Header for printed reports

- Define the default report pages and select the parameters for table printout.

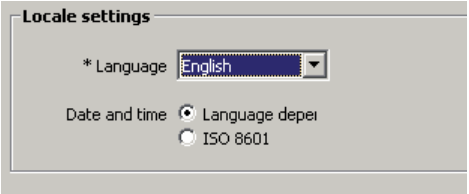
  These settings can be changed individually before the report printout starts.



Default report

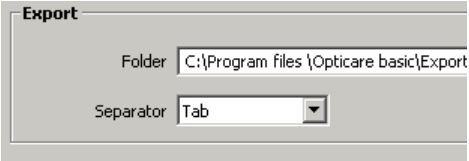
Misc. settings

- Select program language and date/time format.
  (Program has to be closed and restarted for special settings to get valid)



Language, date/time format

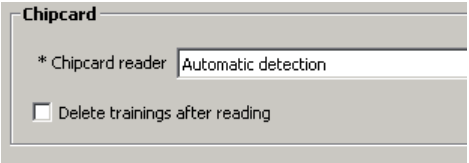
- The export settings define the target folder for the export file and the separator used in the CSV-files.



Settings for data export

- If more then one smart card reader is installed on a computer, a selection is possible.
  In most applications „automatic detection" will work.

  If all training data should be automatically deleted on the smartcard after being transferred to the database, this checkbox has to be activated.

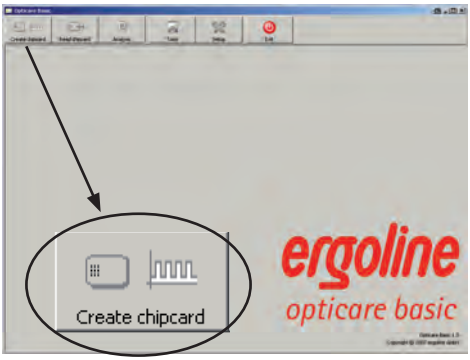


Settings for smart card reader

Create chipcard

Before creating an ergoline chipcard to be used with the OPTICARE BASIC program or with an ergoline bike ergometer, this chipcard has to be formatted or deleted..
(see [Tools] Format chipcard / Clear chipcard)

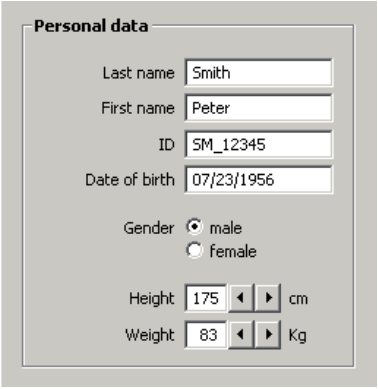
Select the function by clicking on the button [Create chipcard].



Select „Create chipcard"

Insert patient data

Enter the patient data in the corresponding fields.



Patient data

Creating training profiles

Ten different training profiles with warmup, training and recovery phases are user definable.

To define the parameters for a special profile, double click on the appropriate row in the table or use [Edit] after selecting the profile.

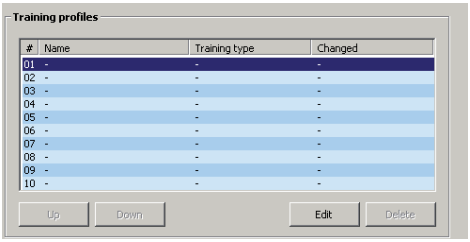


Table of training profiles

A special dialog opens on the screen to input the parameters for the selected profile.

Define a training profile

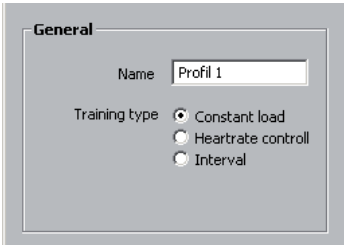
On the left side, a name for the profile has to be entered - this name is stored on the chipcard and is shown on the display of the ergoline bike ergometer.

The type of training is defined:

Constant load:
The load of the ergometer is fixed.

Heartrate controlled:
The load of the ergometer is automatically adjusted to maintain the given training pulse of the patient (if the heartrate raises - the load is decreased and vice versa)

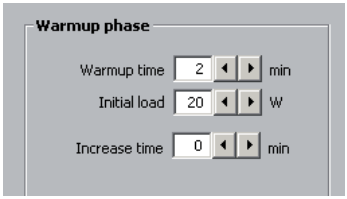
Interval:
Definition of two different intervals (e.g. high load and low load) with different timings.



Name and type of training

Warmup

To define a warmup phase at the beginning of a training period enter the duration in minutes and the load in watt..
The parameter „load increase" is required for heartrate controlled training and sets the „speed" for the load increase until the patient has reached the training pulse.



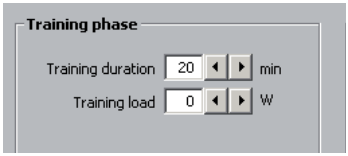
WARMUP PHASE

Training phase

Different paramters have to be entered depending of the selected type of training:

Constant load training:

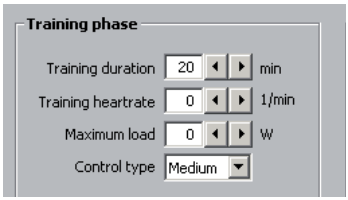
- duration of training in minutes
- ergometer load in watt



TRAINING CONSTANT LOAD

Heartrate controlled training:

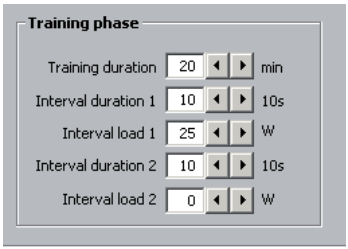
- duration of training in minutes
- training heartrate in beats per minute
- maximum load in watt
  (the load will never exceed this value, even if the patient does not reach the defined training pulse)
- control type (flat / medium / steep)



TRAINING HEARTRATE CONTROLLED

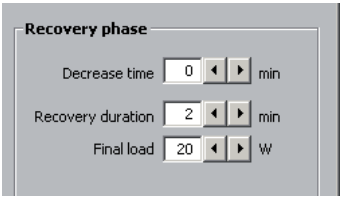
Intervall training:

- duration (complete) in minutes
- duration intervall 1 in 10 s steps
- load intervall 1 in watt
- duration intervall 2 in 10 s steps
- load intervall 2 in watt



TRAINING INTERVAL

Recovery phase (cool down)
To define a recovery phase at the end of a training period enter the duration in minutes and the load in watt..

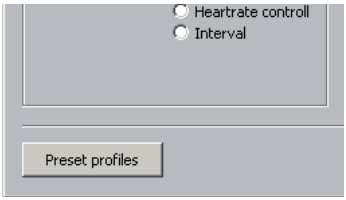


RECOVERY PHASE

ASSIGNING A PRESET TRAINING PROFILE

To assign an already defined profile to the actual patient, click on the button [Preset trainings] and select one of those trainings in the next dialog window.

The Preset trainings may be defined and changed under [Tools].



PRESET TRAINING PROFILES

Select a training and confirm by [Select] or double click on a row.

The parameters of an assigned preset ptraining may be adjusted to the individual needs.

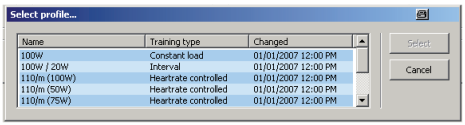


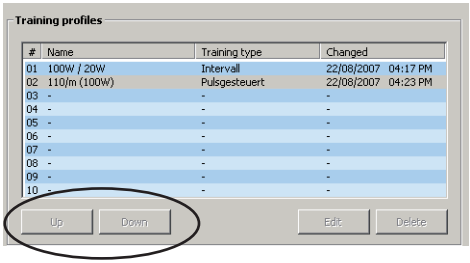
TABLE OF PRESET TRAININGS

By clicking [ok] the training profile is assigned to the profile table of the patient.

ASSIGNING A PROFILE

Change the sequence of profiles

By clicking on [up] and [down] the position of a selected training profile can easily be changed.

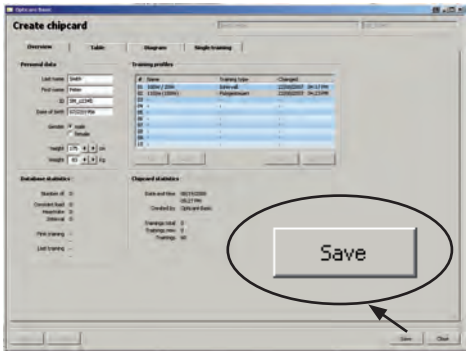


CHANGE SEQUENCE

WRITING ON CHIPCARD

After entering all patient data and profile/ training parameters the button [Save] starts writing onto the chipcard.

In addtion, all data are stored in the PC database. If a chipcard is lost or distroyed, it is possible to create a copy of the card.
(see [Tools] [Recreate chipcard])



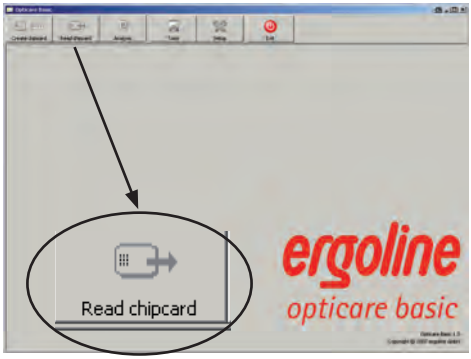
WRITING ON CHIPCARD

Read chipcard

On the main screen click on the button [Read chipcard] to activate this function.

Insert the chipcard (with data) into the card reader device (chip shows to front).

All data are transferred from the chipcard to the appropriate patient in the database.



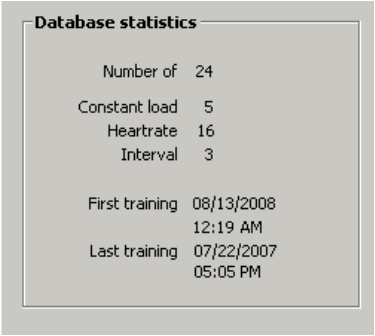
Main screen „Read chipcard"

If the patient from the chipcard is not existing in the database (e.g. the chipcard has been created on another PC), this patient is automatically inserted in the database.

It is possible to set the system for automatical deletion of trainings (to empty the chipcard) which have been read.
See [Setup] for this function.

After reading the data, it is possible to change patient data (e.g. weight) and/or adopt the profiles to the actual performance capacity of the patient.

The database statistics summarizes the actually stored evaluations for that patient in the database separated into the different types of training.



DATABASE STATISTICS

The chipcard statistics shows the actually stored trainings on that card, the free space and the information by which ergoline program this card has been created.

CHIPCARD STATISTICS

All other functions to evaluate the training results are described in detail in the following chapter [Analysis].

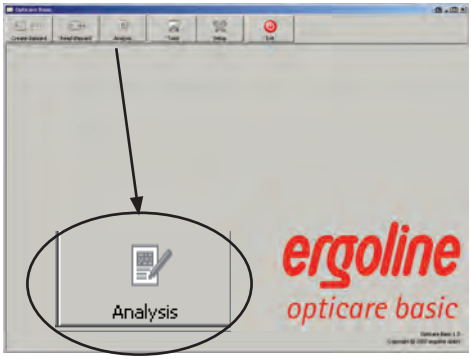
Analysis

Different functions are available in the OPTICARE BASIC software to analyse the data stored in the patient database:

- Summary
- Summary table with all values/parameters
- Grafic summary
- Grafic represantation of single trainings
- Reporting (printout)
- Data export

Click on the button [Analysis].

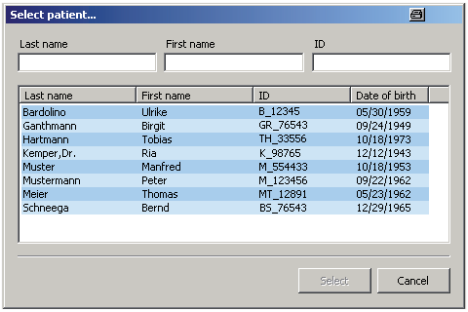
.



Main screen „Analysis"

Selecting a patient

If no chipcard is inserted and has just been read, it is necessary to select a patient from the database.

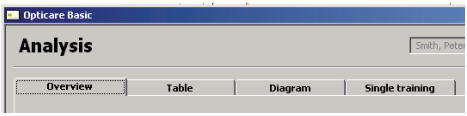


Select a patient

The different analysis functions are located on different „tabs“:

- Overview
- Table
- Diagram
- Single training

If a chipcard has been read (function [Read chipcard]) these tabs are also presented for analysis.

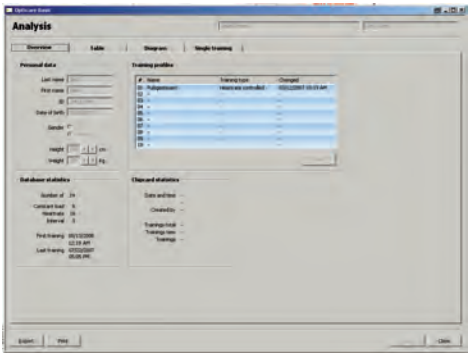


ANALYSIS TABS

OVERVIEW

Display of all patient data, the list of training profiles stored on the chipcard (copy is in database on PC) and a statistics of the stored trainings.

If a chipcard is inserted, the chipcard statistics is displayed in addtion.



ANALYSIS OVERVIEW

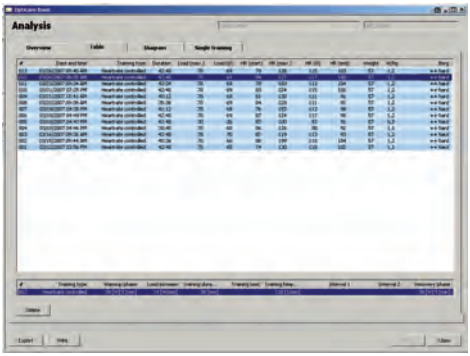
Hint

Changing patient data or training profiles is possible only with inserted chipcard (via function „Read chipcard“).

TABLE

All trainings stored in the internal database are displayed in a table overview with all relevant values and parameters.
The selection of the displayed parameters (columns) is defined in [Setup].

By a single click on a special training this training is highlighted and the appropriate training profile parameters are shown in the lower part of the screen.



ANALYSIS TABLE

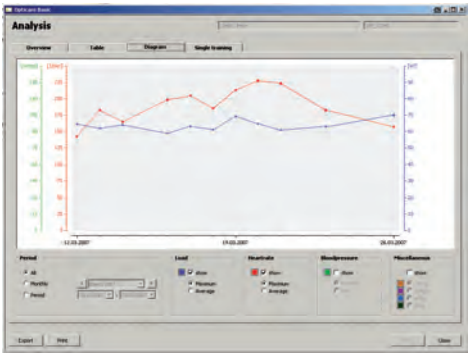
It is possible to mark different trainings for printout by clicking on the rows with CTRL key pressed.

[Delete]
Deletes a selected training from the database - the remaining trainings are sorted due to date / time.

Double clicking on a single training shows the grafic trend display of this training.

Diagram

The most important values are displayed as grafical trends for evaluation of the training success.



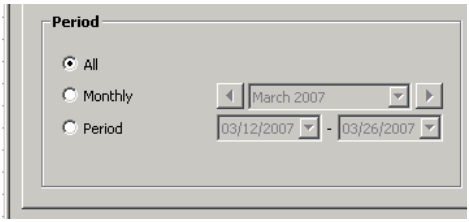
Analysis diagram

The displayed period is adjustable:

- All
  The grafic shows all evaluations stored in the database.
  The display starts with the first training end ends with the date of the last one.

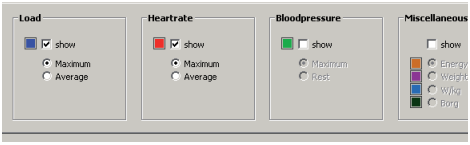
- Monthly
  The grafic displays all trainings for a special month.
  The time axis shows the complete month, independent if trainings are stored or not.
  The arrow buttons allow fast change of the month displayed.

- Period
  The grafic is shown for a user definable time, independent if trainings are stored or not.



Select time period for grafic display

The displayed trends can be selected by use of checkboxes below the grafical representation. The colours for the trendcurves are defined under [Setup].

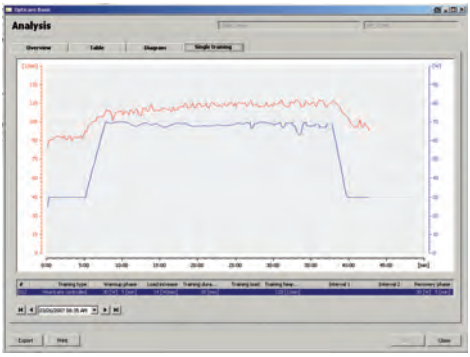


SELECTION OF TRENDLINES

GRAFIC SINGLE TRAINING

Every single training with load and heartrate trend may be displayed on the appropriate tab. The axes (Watt and Beat per min) are shown on both sides of the trend.

The parameters of the profile are displayed at the bottom of the screen.



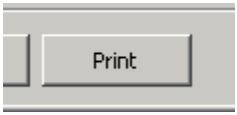
GRAFIC SINGLE TRAINING

By using the arrow keys it is possible to select the next / previous training for display.

SELECTION NEXT/PREVIOUS TRAINING

Print

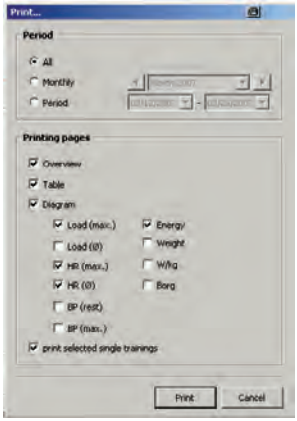
A report for a special patient may be printed from every displayed tab by clickin on the „Print" button.



Print

The print menu appears - the preselected pages are already marked (see „Setup").

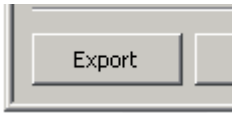
Before the print process is started, individual corrections can be performed - these changes are valid only for the actaul printout.



Print menu

Data export

A table of all trainings of a special patient can be exported from every page.
The folder and the separation character can be defined on the [Setup] page.

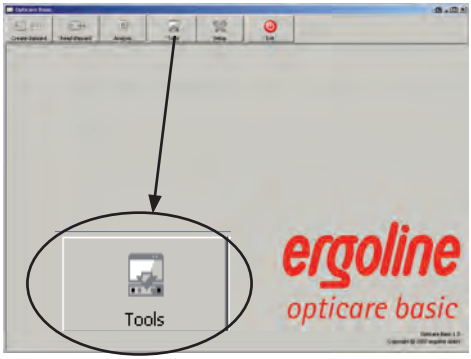


Data export

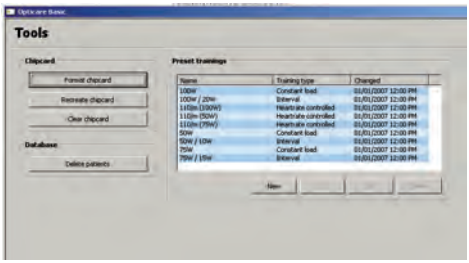
Tools

Special functions for chipcard management, database and the definition of standard training profiles are located on this page.

Click on the [Tools] button to activate this function.



Main screen button „Tools“



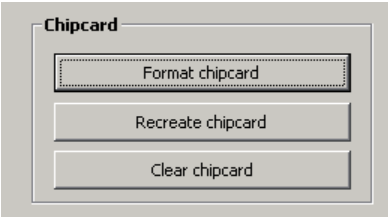
Tools

Format chipcard

An ergoline chipcard has to be formatted before it can be used with the OPTICARE BASIC software or any ergoline training bike.

The complete information on the card is deleted!

- Click on the button „Format chipcard“

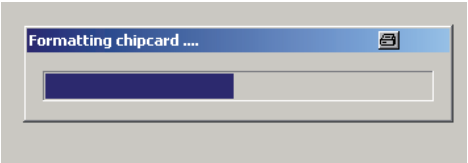


Special functions chipcard

- Insert the chipcard into the reader device (chip shows to the front).

CARDREADER WITH CHIPCARD

- The chipcard is being formatted.



FORMATTING CHIPCARD

RECREATE CHIPCARD

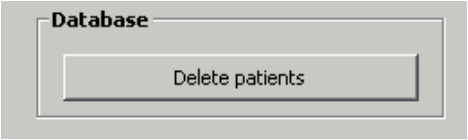
In case of loss of a chipcard or if a card is destroyed, it is possible to create a copy of a chipcard (the information of a patients chipcard is backuped in the database).

CLEAR CHIPCARD

This function deletes all information on a (formatted) ergoline chipcard.

Delete patients

A selected patient is deleted from the database with all trainings.



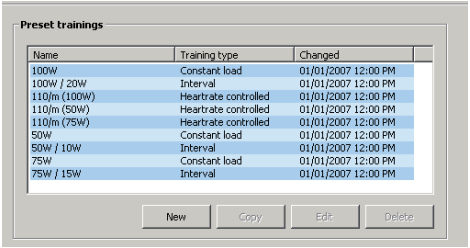
Delete patient

Define preset trainings

It is possible to define a set of profiles, which are commonly used.
The different parameters for warmup, training and recovery is done as described in the chapter [Create chipcard].

The function „Edit" allows changing special parameters of a predefined training.

[Copy] copies a selected profile to a new one.
The parameters can easily be changed and a new name for that profile can be defined.



Standard profiles for training

TECHNICAL DATA

PC requirements

Operating system	Windows 2000, XP, Vista	
Screen resolution	1024 x 768 (min.)	
Hard disc ressources	program:	approx. 20 MByte
	per patient:	approx. 1 kByte
	per training:	approx. 1 kByte
Interface	USB:	1 x chipcard readerr
		1 x software protection device

Chipcards

Reader device	recomm.:	CHIPDRIVE ® desktop pro (USB)
		CHIPDRIVE ® micro (USB)
Chipcards	type:	I2C memory cards (ergoline)
	capacity:	32 kByte (approx. 60 trainings)

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